



Montana

Department of Labor and Industry

Commissioner's Office

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DATE 08-01-08

FOR IMMEDIATE RELEASE

Department of Labor & Industry Announces New Resource For Students

With the first day of school just around the corner, the Montana Department of Labor & Industry proudly announces the release of *What to Pack*, a new publication produced by Montana's Career Resource Network.

Specifically tailored to meet the needs of middle schoolers, *What to Pack* guides students through each step of the educational and career planning process, from identifying their interests, likes, and dislikes to preparing for that all-important high school transition. *What to Pack* provides students with proven strategies to highlight their assets and abilities, and create a plan for high school and beyond.

What to Pack can help students:

- Identify their interests and strengths
- Recognize how their personal interests relate to the world of work
- Find the resources and tools they need to plan for high school
- Prepare a high school course plan
- Understand their high school graduation requirements as well as college entrance requirements
- Discover a wider range of job possibilities and options
- Find additional resources, including books, videos, and agencies
- The correlation between occupations, education, and budgeting for the life they want to have.

To download *What to Pack*, go to www.ourfactsyourfuture.com. You'll find *What to Pack* in the Publications section, under the "Career Publications" heading. To order a printed copy of this publication, call the Research & Analysis Bureau at (406) 444-2430 or toll-free at (800) 541-3904, write to us at P.O. Box 1728, Helena, MT 59624-1728, or e-mail us at: webmasterrad@mt.gov.

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